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ABSTRACT

Many educators are seeking to use the out-of-doors to enrich the educational experience. Outdoor education is being used as an educational experience related to and involved with all segments of the curriculum. The rapid growth of the junior/community college has resulted in an increase in the variety and number of physical education programs (both required and elective) which are helping to educate students to love, enjoy, care for the outdoors and preserve the physical environment. Survey questionnaires were sent to 113 2-year colleges listed by the Blue Book of Junior College Athletics for Connecticut, Massachusetts, New Hampshire, New Jersey, Pennsylvania, Rhode Island, and Vermont. Of the 67 responses, 49 offered programs in outdoor education. This survey indicated current developments in college education and organizational patterns of college systems utilizing a variety of outdoor education activities in their physical education and recreational programs. For example, at Dean Junior College, activities are presented as part of an elective general service program for nonmajors with skill and technique courses for physical education and recreation majors. Fees, transportation, instruction, facilities, and publicity were also considered for the general implementation of outdoor educational activities. (NQ)

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INTEGRATION OF OUTDOOR EDUCATION INTO THE JUNIOR COLLEGE PHYSICAL EDUCATION CURRICULUM

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Paper presented at National AAHPER Convention
Atlantic City, New Jersey
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INTEGRATION of OUTDOOR EDUCATION into the JUNIOR COLLEGE PHYSICAL EDUCATION CURRICULUM

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Presently, many educators are seeking to adopt the use of the out-of-doors to enrich the educational experience. The ever-increasing awareness of the implications of leisure time has created similar goals for both educators and outdoor education specialists that of preparing individuals to acquire outdoor knowledge and skills.. They are now beginning to recognize that the total experiences should be a part of an on-going educational program and that education must be extended beyond the environment of the classroom. Educators are using outdoor education as an educational experience that is related to and involved with all the segments of the curriculum. Special educators are moving beyond the classroom walls to provide more comprehensive and relevant learning experiences. Outdoor education as it has emerged has been consistent with the best in current curriculum development. The idea of integrating education and outdoor education as a part of the curriculum during the academic school year is fast becoming a reality. It has grown out of the needs of the times and guided by educational objectives shaped by members of the college community.

The rapid growth of the junior/community college has resulted in the corresponding increase in the variety and number of physical education programs. Programs both required and elective are helping to educate the current generation to love, enjoy, care for the outdoors and preserve the the physical environment. This paper is designed to present programs in outdoor education that serve to describe various procedures, teachings and

practices used by educators working in the two-year college environments. Just prior to the start of the 70's, Dr. Don Jones (2) of Tarrat County Junior College in Hurst, Texas, reported on activities that were included in the curriculums of junior colleges in the southern district. This survey revealed traditional activity course offerings such as volleyball, tennis, basketball, golf and badminton. The only outdoor education courses offered were archery and skin and scuba diving. William Blamer (1) of C. S. Mott Community College, Flint, Michigan, in a nation-wide study indicated that 4/5 of the junior colleges surveyed were teaching co-ed courses in swimming and bowling and similar traditional courses reported in Dr. Jones' study. Recently, Philip Stanley (3) of the University of Dayton in Ohio reported on unique and off-campus activities and grouped them into catagories: Winter activities: Alpine Skiing, Cross Country Skiing, Ice Skating and Curling; Water activities: Canoeing and Sailing, Skin and Scuba Diving, Fishing, Surfing, River Floating and Water Skiing; Nature activities: Camping, Spelunking, Hiking, Mountaineering, Rock Climbing and Backpacking; and Miscellaneous: Horseback Riding, Dicycling, Parachuting and Riflery.

Dr. Stanley (3) has presented some organizational aspects of implementing outdoor activities that were generally the same for most offerings. Most activities required longer class sessions, special fees, transportation, non-departmental instruction and non-collegiate facilities and equipment. I have found his suggestions to be very helpful and plan to utilize some of them later, when listing some of the "key" considerations for implementing course offerings.

A survey was taken of existing outdoor education programs found in two-year colleges of the northeast. The questionnaire was sent to the chairpersons of physical education departments, and were tabulated in January 1975.

Two-year colleges selected were those listed by the Blue Book of Junior College Athletics for the northeastern states of Connecticut, Massachusetts, New Hampshire, New Jersey, Pennsylvania, Rhode Island and Vermont. A total of 113 questionnaires were sent with 67 replies for a return of 59%...73% (49 of the 67) of the colleges responding offered programs in outdoor education in their curriculums. 6 private colleges reported, 38 community colleges, and 5 state or university affiliated colleges are included in the survey.

Enrollment grouping (Table I) showed a wide range in number of students enrolled. Using a percentage of how frequently an activity was offered, the top five were archery, alpine skiing, camping, hiking and backpacking, and ice skating (Table II). Activities that were the most popular (Table II) proved to be those of: alpine skiing, archery, camping, scuba diving, and equitation in the top five. The activities that were most frequently offered during weekend trips were camping, skiing, and hiking...during intersession - skiing, camping and backpacking.

Facilities used for outdoor activities varied in colleges and numbers of activities offered. They ranged from 1-19 in number of activities using facilities on campus; 1-7 using public facilities off campus; and 1-6 private facilities off campus.

Outdoor education programs were most frequently offered under the physical education activity program 81%, followed by the recreation majors program 22%, and physical education majors program 20%.

Responsibility for the administration of outdoor education programs was 84% under the physical education department, 27% under the department of recreation, and 10% under student activities and others.

Source of income from funding programs showed that 80% were under the physical education department's budget, 31% from dues of participants, and 20% from student body funds.

Twenty-two, or 45%, of the colleges stated that physical education was a required program of two semesters; 33 colleges or 67% gave one hour of academic credit per semester; and 89% of those giving academic credit stated that it was figured into the student's grade-point average.

The survey indicates current developments in college education and organizational patterns of college systems utilizing a variety of outdoor education activities in their physical education and recreational programs. In an attempt to lend supportive action to educators who are seeking to adopt activities for their programs, I would like to share some organizational and implementive procedures utilized in programs presently operating at Dean Junior College.

Activities presented are part of an elective general service program for non-majors and skills and techniques courses for physical education and recreation majors programs. The general service program is completely elective, satisfies a four quarter, 2 credit all-college requirement for non-majors. Each activity carries .5 hours of academic credit and grades are figured in the student's grade-point average. They meet two hours per week for 7-8 weeks or 14-16 class meetings. The skills and techniques classes carry for physical education and recreation majors .5 hours of credit... meet for four hours per week or 24-28 class meetings. Facilities used for outdoor activities vary in their location and are indicated on a map of New England (Figure I).

SERVICE COURSES

CANOEING

Class meets once a week for two hours; beginner canoeing skills, using a nearby pond and lake. We have purchased two canoes and rent six. Considerations: transportation of canoes, storage, purchase of life jackets for all, and screening of students who are not beginner canoeists.

EQUITATION

Class meets once a week for two hours. Beginner, intermediate and advanced levels are offered. Fee $60. Considerations: transportation, definitely need staff instructor to coordinate academic problems, and make up of medical absences necessary to eliminate student's loss of payment for riding time.

ICE SKATING

Class meets once a week for two hours. Course is for beginners only. An hourly rate for ice time is very expensive and a maximum number of students enrolled is needed to defray costs. An individual daily fee has been utilized that reduces the cost to the individual and accommodates limited enrollment.

SCUBA DIVING

Class meets once a week evenings in Dean's pool for two hours. Scuba I and Scuba II offered during successive quarters. YMCA certification given for Scuba II. Course is concluded with two open_water dives. Considerations: $40 fee which goes to the instructor for equipment and instruction. Also needs staff to coordinate academic demands.

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ALPINE SKIING

Class meets twice a week for two hours for a total of eight class meetings. Small ski area nearby provides for beginner and intermediate instruction. Fee $35. Considerations: close communication regarding closing of slopes during inclement weather, making up of cancelled classes, pro-rating fee costs due to medical exemptions from classes.

SKILLS COURSES

ALPINE SKIING

Offered during intersession...a concentrated course of one week in duration. Designed for physical education majors, it is also open for enrollment to non-majors. Package involves the Killington ski area in Vermont...a program which includes daily lessons, use of lifts, skis, boots and poles. Room and board is arranged through a local lodge owner and restaurant. An extremely reasonable fee of $120 was attached to the package. Considerations: transportation arrangements, school vehicle and car pools were used. Some problems were found when students did not meet travel commitments. Highlights were video tape viewing of student progress and ski week racing program.

HIKING and BACKPACKING

The most important factors to consider in the implementation of a hiking and backpacking course are:

A. Instructors:

The instructor should have had intensive training in all phases of hiking and backpacking. The course should have some flexibility with a minimum number of classroom hours and maximum number of hours involving the out of doors.

B. Enrollment:

A safe and effective ratio for the course is one instructor for every ten students. Then, of course, this is the on-the-trail ratio. This ratio can be doubled during lecture sessions. On the trail you should include at least one senior travel supervisor.

C. Equipment:

Acquisition of equipment is based on:

1. What you need to safely outfit students enrolled.
2. The more completely you cover the realm of backpacking, the more equipment you may need.

A well-organized course on a tight budget can operate with equipment geared for a 1:3 ration (one backpack, cooking gear, etc. for every three students). Equipment needs can be determined by surveying students at the beginning of the course to learn what they already possess. Our course is geared so that the college provides backpacks on a 1:3 ratio. A guideline for equipment would be that the traveler should carry as light a pack as possible without sacrificing safety and a certain degree of comfort.

SNOWSHOEING

A unique, and to my knowledge, the only such course offered in a college or university curriculum giving academic credit. Designed for physical education majors to utilize a snowshoeing kit...cost $22 from Vermont Tubbs of Wallingford, Vermont...building their own pair of snowshoes, and then utilizing them in actual practice of the sport.

Class meets once a week for two hours and utilize weekend trips to neighboring (N.H.) mountains for practice of skill. Two experts were brought in from Vermont Tubbs to demonstrate lacing and lecture on snowshoes and their use. Considerations: complete lacing...a maximum of three weeks and plan day or weekend trips well in advance. Students thoroughly enjoyed the field trip experiences.

Considerations for the General Implementation of Outdoor Educational Activities

Fees

Figure out all costs involved and set a standard fee. It should be a flat fee with no exceptions, and shc d be paid directly to the college. At Dean we bill the student's accovat through the Business Office.

Transportation

Courses requiring a fee should include a transportation fee. In some instances, students can be responsible for their own means of travel to a given location.

Instruction

Community experts and non-professionals are frequently used and it is important that a department member work with the "specialist" to give sound educational guidance. Physical education instructor serves as an assistant and gains knowledge and proficiency in activity through this internship. They can also improve their knowledge through attendance at staff and professional meetings. They should be used in the organizational practices and should continously seek to improve upon evaluation procedures using both objective and subjective means whenever possible.

Facilities

Stanley (3) suggests the following general areas to discuss with the facility in planning the program:

A. Fee that the facility would expect...be sure instruction, equipment and any services are included.

B. Instructors: who they are - qualifications - number available, etc.

C. Possible means of transportation. It is not unusual for the facility to furnish transportation.

D. Specific times - content to be presented - and number of students included.

Publicity

Publicize the activity through campus newspaper, posters and leaflets. Allow ample time for pre-registration, especially for intersession and weekend involved courses.

Summary

Students today are looking for courses that are adventurous and challenging...those with direct experiences and problem solving opportunities. They select these activities because of sincere interest...credit and costs are secondary. Many outdoor education activities contain elements of danger and require interpretation of the natural environment. Sharing and cooperative planning are essential in the professional improvement of persons interested and involved in outdoor education. We need to know more about satisfied students...about the outstanding programs that are now being offered, and information about the why, when and how particular programs have been conceived and developed.

The Council on Outdoor Education and Camping of the AAHPER is an outstanding contributor to the development of outdoor education curriculums. Its committees and task forces have been very active in the collection and distribution of information regarding active as well as proposed programs. A task force "On Current Developments in Education Having Implications for Outdoor Education" (of which I am a member), is presently working diligently in an attempt to compile information on programs being offered throughout the United States.

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(3) Stanley, Philip "Implementation of Off Campus and Unique Activities" Paper presented at 73d annual meeting of the National College Physical Education Association for Men, Pittsburgh, Pennsylvania, January 1, 1973

TABLE I

ENROLLMENT OF COLLEGES REPORTING

ENROLLMENT	NUMBER OF COLLEGES
1 - 499	5
500 - 999	5
1000 - 1499	9
1500 - 1999	5
2000 - 2499	5
2500 - 2999	3
3000 - 3499	5
3500 - and over	11
Total	49

TABLE II

ACTIVITIES OFFERED IN CURRICULUM BY PERCENT OF FREQUENCY AND POPULARITY

%	ACTIVITY	%	ACTIVITY	%	ACTIVITY
.76	Archery	.24	Sailing	.12	Snowshoeing
.57	Skiing - Alpine	.24	Skiing - Cross Country	.08	Bait Casting
.41	Camping	.16	Canoeing	.08	Fly Fishing
.39	Hiking & Backpacking	.16	Ice Skating	.08	Hunting
.33	Scuba Diving	.14	Orienteering	.04	Ice Fishing
.30	Bicycling	.12	Mountain Climbing	.04	Rock Climbing
.29	Horseback Riding	.12	Riflery	.04	Mountaineering

% OF POPULARITY	
.59	Alpine Skiing
.41	Archery
.31	Camping
.27	Scuba Diving
.20	Bicycling
.20	Horseback Riding

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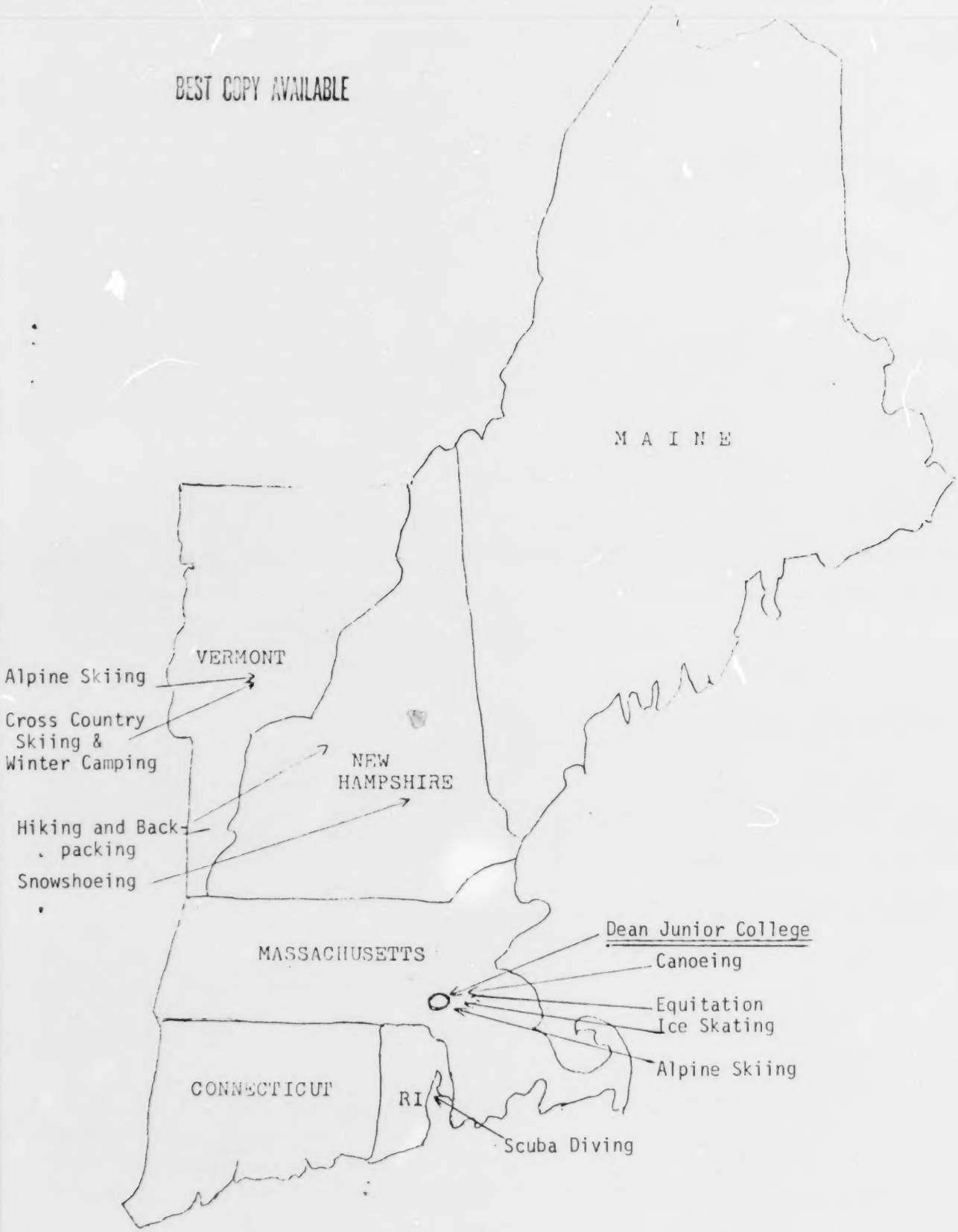

FIGURE I

LOCATIONS FOR OUTDOOR ACTIVITIES